

2022

East Nicolaus High School Cheerleading Constitution Rules and Regulations



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2022 Cheerleading Packet

East Nicolaus High School

These guidelines are provided to inform students and parents of the expectations of participating in the cheerleading program at ENHS. Cheerleaders selected for the cheerleading team must be in agreement with these guidelines and must adhere to them during their tenure on the squad.

Students may not participate in tryout clinic practices until the cheer contract is signed and returned to the coaching staff.

Purpose

The philosophy of the cheerleading program at ENHS has three major goals: to be a support group for all athletic teams, encouraging school spirit; develop and promote loyalty and pride to ENHS; and to help our cheerleader athletes develop qualities that will enable them to achieve success in all future endeavors.

Standards for Cheerleaders

Cheerleaders by title are role-models. Remember that there are people watching everything you say and do. Because of this, the ENHS cheerleaders are expected to set high standards for their school and to set a good example for their fellow students. To achieve these ends, the cheerleaders will:

- Sign and abide by the provisions of this contract and the ENHS Athletic Code.
- Maintain academic and attendance requirements outlined by ENHS guidelines for high school athletes.
 1. 2.0 minimum GPA. Coaches will do periodic grade checks and members who do not meet this requirement will be benched until grades are brought up to the 2.0 GPA minimum. Remember, you are a student first, athlete second.
 2. Failure to meet academic standards by 1st semester report cards will result in dismissal from the cheer squad, and cheerleader may be deemed ineligible to try out/participate for the following cheer season.
 3. Any member who is dismissed from the squad and/or quits at any time may be deemed ineligible to try out/participate the following cheer season.

Dedication is key to a successful program.

- Attend all scheduled practices/games/performances/fundraisers, unless it is an excused absence and the coaches have prior knowledge of the absence.
- Set an example of good behavior at all times (whether in uniform or not) in class, at games, and at all school functions (this includes PDA and adhering to the school dress code).
- Cooperate with each other and follow the instruction of the cheerleading coaches.

***Any violation of the rules outlined in this contract will result in one or more of the following consequences administered at the discretion of the cheerleading coach and/or school administration: verbal warning, parent conference, temporary suspension from game(s), or permanent removal from the team.**

Points to Remember

- In this program we will be working hard! Fundraisers and practices will be held throughout the summer. All athletes are required to uphold their commitment to the team.
- Everyone must have a solid working knowledge of all cheers, chants, stunts, and routines prior to performance days. Members who are not prepared will not be allowed to participate.
- While we recognize doctor and dental appointments are necessary, every attempt should be made to schedule these appointments around practices and games. The squad depends on each member being present at every practice/game/event.
- In the event of a game suspension, the suspended squad member will sit in uniform with the coach/advisor. This is not a time to socialize.

Squad Selection

The cheer squad size will be decided by the coach on a year-to-year basis. All persons trying out will be evaluated by at least 3 judges using score sheets, as well as the coach's observations during all tryout days. The cheer squad will be selected based upon, but not limited to, careful review of the following:

- GPA Eligibility
- School Attendance
- Pre-Tryout Practices
 - Teamwork
 - Positive Attitude
 - Punctuality
 - Skill Set
- Official Tryout Performance
 - Spirit and Enthusiasm
 - Motion Technique
 - Voice and Projection
 - Jumps/Stunting
 - Overall Impression

Behavior

- **Classroom and social behavior should be exemplary at all times.**
- In any disciplinary action set forth by administration such as In School Suspension (ISS)/Out of School Suspension (OSS), the following punishment will be rendered:
 1. ISS-Suspension from practice/game the day of ISS. This will be considered an unexcused absence.
 2. OSS-may result in immediate dismissal or long-term suspension from the team.
- **Each squad member will treat coaches, game officials, and other athletic staff with respect at all times. This attitude should also extend to members of this and other cheerleading squads.**
- There is a zero-tolerance policy for alcohol, drug and tobacco use, including hookah, vaping, electronic cigarettes and any form of marijuana. Any members found in possession of and/or under

the influence of any such substance will be immediately dismissed from the squad, no exceptions. Members will receive suspension/dismissal for social media posting of such activities, depending on the severity. A second violation will result in immediate dismissal from the squad, no exceptions.

- Any inappropriate internet behavior that reflects poorly on the squad and/or school student body (suggestive/inappropriate photos, comments, bullying, etc.) will result in disciplinary action from the cheer coach.
- Coaches' discretion will be final regarding inappropriate behavior, language or attitude.
- If issues arise, they will be handled as follows:
 - Discuss matter with cheerleader(s) involved
 - If no resolution can be made, discuss matter with parent(s)
 - If the issue persists, it will be brought to the attention of the administration

Attendance

- **Student-athletes must be in attendance at school at least half the day to be eligible to participate in practice/games.** You must be eligible both by grades and attendance to cheer. Unexcused absences from school will be considered an unexcused absence from practice as well.
- **It is the responsibility of the cheerleader's parent to notify the coaches by phone, text or email of any potential tardy or absence. Unless there is an emergency, significant notification (by 8:00am that day) must be provided to allow the coaches to prepare a revised practice schedule.**
- Conflicts with work or other extracurricular activities that are not school related are not valid excuses for missing practice/games or other cheer events.
- Members must arrive at events/practices on time already **dressed, taped, and ready to warm-up.** Unless it's an emergency or the coach is contacted prior to the start of practice, the entire team will run for late members.
- Coaches will consider the following acceptable reasons for missed practices, games, and fundraisers:
 1. Injury – The member must still attend practice/games (unless physically unable) but will not participate until medical clearance has been provided. Doctor's notes must be specific in nature of injury and restrictions.
 2. Illness – A member may only miss practice with notification from the parent verifying an illness (mild cramps, headaches, etc. are not considered acceptable illnesses).
 3. Family Emergencies/Funerals.
 4. Class requirement that cannot be fulfilled at another time. **Prior notice must be given to coaches.**

*Failure to contact a coach about missing practice for **any reason** will result in an unexcused absence.

3 unexcused absences may result in dismissal from the squad. An unexcused absence from a game will result in immediate dismissal from the squad.

- **The coach has the discretion to remove a cheerleader from the team for excessive tardiness and poor attendance for any reason.**

Practice Expectations

- **Each girl should always remember to bring an ample supply of water with them to every practice regardless of what the practice schedule may be.**
- **Practice attire includes tennis/cheer shoes, shorts, t-shirt, hair up in a secure ponytail. This must be taken care of before practice time. Bring all medical needs (inhalers, insulin pumps, epi pens, etc.) to all practices and games.**
- **If being picked up from practice by someone, PLEASE be sure they are on time. Coaches are not allowed to leave until all athletes have left campus.**
- **Cell phones must be silenced and given to the coach during practice/games. Phones may not be checked during water breaks. Parents may call/text the coach if there is a need to contact your student during these times.**

Game Expectations

Cheerleaders will be required to cheer at all home games. Away games will be optional, but strongly recommended. Transportation to away games will not be provided by the school, and squad members will not be held accountable for missed away games. Practices will still be held on weeks when there are away games and will still be mandatory.

You are responsible for the upkeep of your uniform. Make sure you do not dry clean these uniforms. They should be washed in cold water and hung to dry after each use.

Uniforms consist of:

-Skirt -Shell -Liner -Shoes -Briefs -Bows -Warm Ups

Uniforms are only to be worn on game days or otherwise instructed by the coach. Captains and coaches will decide on gameday attire, and all cheerleaders must abide by those decisions. Uniforms must not be worn by anyone but the cheerleader. If uniform items are lost, stolen or damaged, it is the cheerleader's responsibility to replace them immediately at their own expense. Cheerleaders may not be allowed to participate in games/performances until the item(s) is replaced.

Safety

- **Stunting/Tumbling/Strength Training must only take place in the presence of a qualified supervisor.**
- **A physical form certifying the cheerleader is physically able to perform will be required prior to the first day of official team practice.**
- **If any member shows signs of an injury or illness, the coach may require a doctor's note before the member is allowed to cheer/dance.**

Expenses

- **Cheerleaders will be responsible for the cost of items they keep (skirt, shell, liner, shoes, briefs, bows, warm ups). Costs will be off-set by fundraising.**
- **Any donations made by parents for food supplies/water/etc. during games/events are welcome.**

Coach's Discretion

All ENHS cheerleading rules will be interpreted and carried out by the ENHS cheer coaches, under the guidance of the ENHS Athletic Director and Administration.

These team rules will remain the same throughout the entire year and will be applied equitably to each squad member. No exceptions will be provided to any team member.